



## **PARTIAL HOSPITAL PROGRAM FAQ**

### **1. What should I expect for my intake?**

1. You will arrive at the time of your intake at 20 Winter St. Pembroke, MA and enter through the front door of Pembroke Partial Program.
2. You will be screened for COVID-19 symptoms at the front. Please wear a mask.
3. If you are an adolescent, you will need to be accompanied by a parent or guardian for consent purposes, but will do the majority of intake alone.
4. Intakes can take anywhere from 30 minutes – 1 hour
5. Arrangements to be out of work/school should be made prior to your intake as you will begin program that same day.

### **2. What does a day look like in a partial program?**

Partial is a therapeutic day program where you will gain the necessary coping skills and medication management you need to stabilize your mental health disorder.

1. You will participate in a 30 minute- 1 hour intake session with a therapist. Here is where you will be assessed by a clinician to see if you are appropriate for the program.
2. Once admitted to the program, a case manager will be assigned to you. You will have brief individual check-ins with your therapist twice a week as needed. Here is where you can express your needs to your therapist.
3. You will receive a medication consult from one of our psychiatric Nurse Practitioners. This process is detailed below:
  - a) You will be assessed for your need of medication. If our psychiatric NP decides medication would be helpful and with your consent, you will be prescribed medication
  - b) Our NP will send it to your local pharmacy where you can pick it up at the end of the day
  - c) You will receive check-ins with our NP 1/week to see how the medication is helping

Pembroke Partial Program  
20 Winter St. Pembroke, MA 02359  
781-829-7140



- d) If adjustments must be made, our NP can talk you through it
  - e) You will also receive medication education to ensure you are aware of the prescribed medication, how to take it, what to avoid while taking it, etc.
4. You will have 4 therapeutic groups/ day. You will also participate in check-in group in the morning and wrap-up group in the afternoon.
  5. Your case manager will also be able to help set up after care appointments for you. These may include PCP, therapist, and prescriber.
    - \*Adolescent only\* You will participate in 1 hour of tutoring each day during the school year

### **3. Do I have to attend every day or can I come only certain hours?**

You are expected to attend every day M-F for 10-15 days, 10-3 for adults, and 9-2 for adolescents. This is so the programming is most effective. If you have an appointment on one of the program days, please contact your case manager to let them know.

### **4. Can I do the program in person?**

Yes. We currently offer:

- In person adult track (ages 18+)
- Virtual adult track (ages 18+)
- Hybrid adolescent track (ages 13-18)
  - In person or virtual options available

### **5. I am in school or work during the day, can I do the program in the evenings or weekend?**

You will have to make arrangements to be out of work/school for 10-15 days. Partial Hospitalization is a M-F day program that runs from 9-2 for adolescents and 10-3 for adults.



**6. What do I do if I have to miss school? (Adolescents only\*)**

You will participate in 1 hour of tutoring each day (during school year). Arrangements for homework assignments can be made between the school and program prior to start date.

**7. Can I take a day off if I have a doctor's appointment?**

Yes. Please let the program know a day in advance and we will hold your spot. Please call **781-336-6608** to notify the program if you intend to be away for an appointment.

PLEASE NOTE: 3 consecutive days off will result in an administrative discharge and your programming will end.

**8. What if I am sick and can't make it one day? Who should I notify and how?**

You can take a sick day. Just let the program know in the morning when you can. Please call **781-336-6608** to notify the program to report your absence.

PLEASE NOTE: 3 consecutive days off will result in an administrative discharge and your programming will end.

**9. Do I have to stay the full 10-15 days?**

No. This program is completely voluntary. Length of stay is contingent on the clinical need.

**10. Do parents participate in the intake? (Virtual)**

The majority of the intake will be with the participant alone, however parents will need to be there to answer any questions.

**11. Do I have to be at home while my child is in the program?**

Parents or guardians should be present for the intake, however, will not need to be home during program hours once admitted to the program.



## Pembroke Partial Hospital Program (PHP) Contact Information

Your contact number for the duration of the program will be **781-336-6608**

If you need to reach the director of PHP, please call **781-829-7140**